THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE

March 2014 Newsletter

4ID CG Update

Congratulations 2nd Brigade! The 1st Armored Brigade Combat Team officially
transitioned to the 1st Stryker Brigade Combat Team during a ceremony held on Founders Field, March 17.

The Division is gearing up for elections in Afghanistan. The presidential and provincial council elections will take place across the country April 5, 2014.

He thanked everyone for their sacrifices.

Garrison Updates

Fort Carson has submitted a project for approximately 300 new junior enlisted
quarters that will replace some of our older residences.

The installation has received $7M from IMCOM to renovate the old commissary into the new Soldier Readiness Processing site.
A loan closet will go into the old Class Six store.

The Garrison is looking to reduce or eliminate all fees for use of the outdoor pool during
the upcoming summer break. This will apply to active duty and family members.
An update will be provided at the next CIE in April.

There is a proposal out for bid to put a new, full service restaurant on the site of the old Burger King.

A second car wash is coming in the vicinity of Gate 20.
This proposal is currently out for bid.

We are working on getting a pet kennel on-post.

Fort Carson's annual Spring clean-up is 5-9 May.

Garrison Commander (719) 526-5600 // carsonaskthegc@conus.army.mil

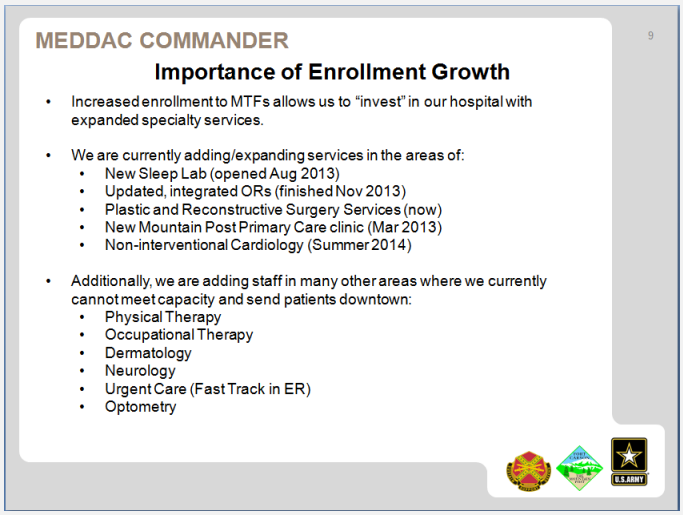
Post-wide yard sale is scheduled for 10 May. If you live off-post you can

Director and Partner Update

MEDDAC

Tricare Service Center (TSC) Closure – Background

- On 1APR14, TSCs will discontinue throughout the entire United States, but will remain open at overseas locations
- Service centers have been open since 1996 providing walk-in service to our beneficiaries
- Beneficiaries increasingly use the internet, mobile, and telephonic options
- The majority of TSC visits concern billing, enrollment, Primary Care Manager (PCM) changes, benefits, and referrals; all can be resolved online at:**www.tricare.mil**
- **At TOL online in the "I Want to…" section you can:**
    - Change your Primary Care Manager
    - File or Check a Claim
    - View Referrals and Prior
    - Authorizations
    - Enroll in or Purchase a Plan
    - Find a Doctor
    - See What's Covered
    - Compare Plans
    - Manage Prescriptions


MEDDAC COMMANDER
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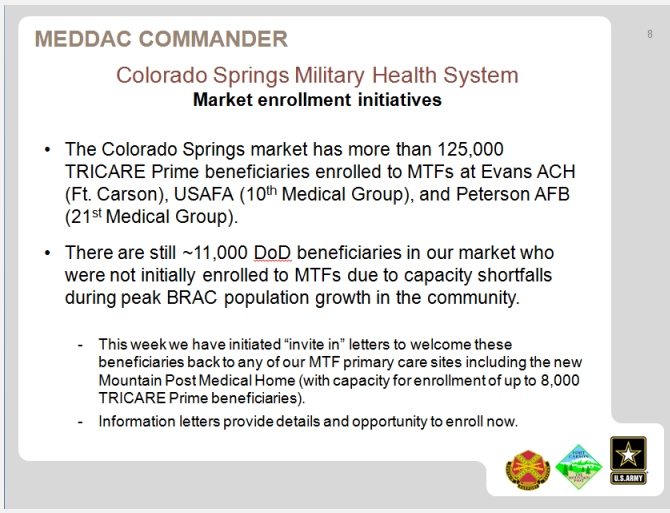
Importance of Enrollment Growth
Increased enrollment to MTFs allows us to "invest" in our hospital with expanded specialty services.
We are currently adding/expanding services in the areas of:
New Sleep Lab (opened Aug 2013)
Updated, integrated ORs (finished Nov 2013)
Plastic and Reconstructive Surgery Services (now)
New Mountain Post Primary Care clinic (Mar 2013)
Non-interventional Cardiology (Summer 2014)
Additionally, we are adding staff in many other areas where we currently cannot meet capacity and send patients downtown:
Physical Therapy
Occupational Therapy
Dermatology
Neurology
Urgent Care (Fast Track in ER)
Optometry


MEDDAC COMMANDER
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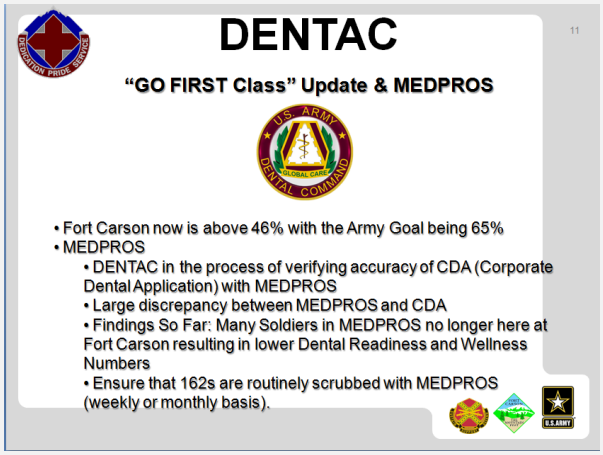
Colorado Springs Military Health System
Market enrollment initiatives
The Colorado Springs market has more than 125,000 TRICARE Prime beneficiaries enrolled to MTFs at Evans ACH (Ft. Carson), USAFA (10th Medical Group), and Peterson AFB (21st Medical Group).
There are still ~11,000 DoD beneficiaries in our market who were not initially enrolled to MTFs due to capacity shortfalls during peak BRAC population growth in the community.
This week we have initiated "invite in" letters to welcome these beneficiaries back to any of our MTF primary care sites including the new Mountain Post Medical Home (with capacity for enrollment of up to 8,000 TRICARE Prime beneficiaries).
Information letters provide details and opportunity to enroll now.

Director and Partner Update

DENTAC

- **Children's Dental Health Month (February & March) Update**
  - 228 pre-school aged children participated in hands on oral health practices and instruction
  - Providing dental classes during spring break at request of Youth Services and School Age Programs


DENTAC
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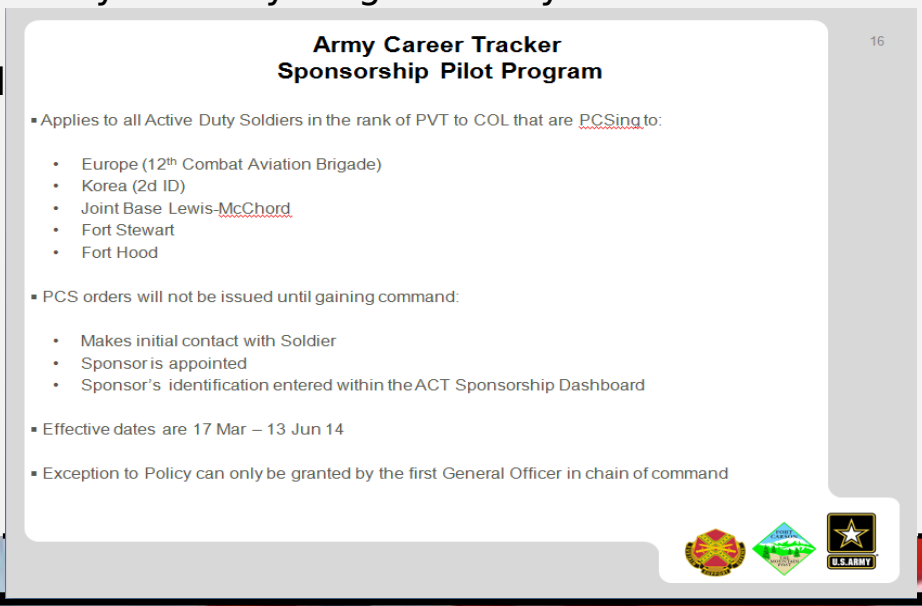
"GO FIRST Class" Update & MEDPROS
• Fort Carson now is above 46% with the Army Goal being 65%
• MEDPROS
• DENTAC in the process of verifying accuracy of CDA (Corporate Dental Application) with MEDPROS
• Large discrepancy between MEDPROS and CDA
• Findings So Far: Many Soldiers in MEDPROS no longer here at Fort Carson resulting in lower Dental Readiness and Wellness Numbers
• Ensure that 162s are routinely scrubbed with MEDPROS (weekly or monthly basis).

DHR

- ***Mandatory*** Sponsorship – Orders are not cut until sponsor assigned, CG waiver authority
- 10-day ***mandate*** sponsor assignment - DA Form 5434 Full Cycle – Submit, Assign, Return with Welcome Communications
- Significantly higher program participation percentages than current program
- Slower order writing process – creates anxiety and frustration
- Exception to Policy can only be granted by the first General Officer in chain of command


Army Career Tracker
Sponsorship Pilot Program
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▪ Applies to all Active Duty Soldiers in the rank of PVT to COL that are PCSing to:
• Europe (12th Combat Aviation Brigade)
• Korea (2d ID)
• Joint Base Lewis-McChord
• Fort Stewart
• Fort Hood
▪ PCS orders will not be issued until gaining command:
• Makes initial contact with Soldier
• Sponsor is appointed
• Sponsor's identification entered within the ACT Sponsorship Dashboard
▪ Effective dates are 17 Mar – 13 Jun 14
▪ Exception to Policy can only be granted by the first General Officer in chain of command

Director and Partner Updates

DFMWR

- **April is Month of the Military Child**
- **Eggsperience will be at the Iron Horse Physical Fitness Center, 05 April**
- **Easter Sunday Brunch at The Elkhorn, 20 April**

DES

Theft of Military/Private Property Post Wide

20

Observations:

- POV's permitted in Motor Pools
  - ✓ Do not allow POVs in the motor pools (AR 190-51)
- POV's used to move government equipment
  - ✓ Military Vehicles to transport military equipment
- Equipment is replaced but not properly turned in
  - ✓ Properly dispose of equipment
- Barracks/parking lots
  - ✓ Ensure lighting is functional
- Thefts from fitness centers
  - ✓ Encourage Soldiers to use locks when securing personal property

Director and Partner Updates

DPW

Earth Day Household Hazardous Waste Collection Event
April 22

Fort Carson is hosting a free household hazardous waste collection event April 22 from 8 a.m. to 4 p.m. at the Old Commissary site near building 1525 as part of the national Earth Day observance. (*A donation to Care and Share is encouraged.*)

What will be collected April 22?

– Household products

– Paint, stains, solvents, etc.

– Lawn and garden products

– Automotive products

– Electronics and data media

For more information, call 526-4340 or 491-0218.

Fort Carson Spring Facility Energy Training
April 23

A Spring Facility Energy Training is scheduled April 23 from 10:00 to 11:30 a.m. at the Hub, building 1532,for facility managers.

The Spring Facility Energy Training will update military and civilian facility managers on seasonal energy policy changes, provide a presentation on DPW energy efficiency initiatives, discuss changes to facility manager responsibilities on Fort Carson and recognize Net Zero Champions.

The DPW is also collecting facility manager information for a database it is building for Fort Carson.

For questions about the training and/or to provide your facility manager point of contact informati[illegible]

Director and Partner Updates

Religious Support Office

Upcoming Events

- Fridays of Lent (7 March to 11 April) 1730: Soldier's Memorial Chapel Stations of the Cross and Soup Suppers
- 13 April: Palm Sunday
- 14 Apr: Passover
- 20 April: Easter Sunday
- 01 May: Registration begins for Summer Vacation Bible School
- 09-13 Jun: VBS at Soldiers Memorial Chapel

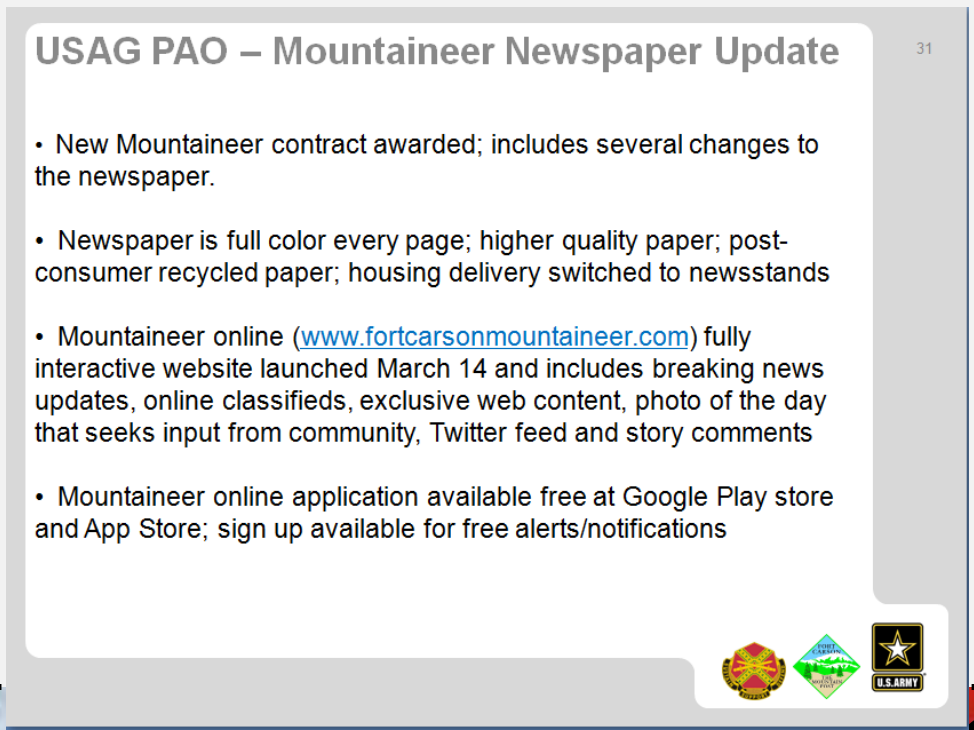
- Soldiers Memorial Chapel
  - Saturday: 1700 Catholic Mass
  - Sunday: 0900 Catholic Mass
  - Sunday: 1100 Protestant Worship

- Veterans Chapel
  - Sunday: 1000 Chapel Next (Contemporary Protestant)

- Prussman Chapel
  - Sunday: 1100 Gospel Service

- Healer Chapel
  - Sunday: 0900 Protestant Worship
  - Sunday: 1100 Catholic Mass

Public Affairs


USAG PAO – Mountaineer Newspaper Update
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• New Mountaineer contract awarded; includes several changes to the newspaper.
• Newspaper is full color every page; higher quality paper; post-consumer recycled paper; housing delivery switched to newsstands
• Mountaineer online (www.fortcarsonmountaineer.com) fully interactive website launched March 14 and includes breaking news updates, online classifieds, exclusive web content, photo of the day that seeks input from community, Twitter feed and story comments
• Mountaineer online application available free at Google Play store and App Store; sign up available for free alerts/notifications
U.S. ARMY

Balfour Beatty Communities

SCHOLARSHIP OPPORTUNITY

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BBC Foundation Now Scholarship Applications

Balfour Beatty Communities Foundation is accepting scholarship applications from high school seniors and undergraduate students, attending accredited educational/technical institutions, of our military family housing residents for the 2014 - 2015 academic year.

To apply for these scholarships go to the Foundation's website, www.bbcommunitiesfoundation.org/scholarships.aspx, print out, complete, and submit the application and all required materials to Balfour Beatty Communities Foundation at 10 Campus Boulevard, Newtown Square, PA 19073.

Applications must be postmarked by 15 April 2014.

COMMUNITY GARDENS ARE BACK!

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May the Planting Begin!

Grow with Me Garden – Kid's Garden at Joel Hefley Community Center
-Sign up in person at JFCC beginning 14 April
-Planting begins Friday 2 May– 1600

Community Gardens: Chippewa, Apache and Cheyenne locations-
10 plots at each location

- Sign up begins 1 April
- Planting begins 15 April
- Reserve 1 of 30 plots early so you don't miss out!

Please contact 579-1606-Ext 256 with any questions

THE UP AND COMING!

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NOW OPEN SATURDAYS!

-Coming this Spring….Effective 05 April our main office at the Joel Hefley Community Center will be open from 10:00-4:00 to serve our families who cannot make it in during the week!

THE EASTER BUNNY IS COMING TO TOWN!
Thursday 17 April, 1500-1700
Egg Hunt and Photo Opp with the Bunny
Joel Hefley Community Center

Director and Partner Updates

Army Community Services

Warrior Family Community Partnership Council

Provide community leaders an opportunity to engage on issues that impact Soldiers, Families and the Front Range Community.

Council meets quarterly - next meeting is 18 June 2014 at 3:00 p.m. at The Hub Conference Room, building 1532

Who should attend? Command representatives that need awareness on programs and opportunities available to support unit readiness and resilience campaign

Current council attendees – Local & regional nonprofits, county community service support, local & state political appointees / liaisons, local college representatives, military affairs council

POC: Army Community Service, Warrior Family Community Partnership Manager, (719) 526-8558

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APRIL 2014

National Volunteer Week April 6-12

Month of the Military Child

Child Abuse Prevention Month

Autism Awareness Month

Sexual Assault Awareness Month (SAAM)

Action Officers:
National Volunteer Week – 719-526-1082
Month of the Military Child – 719-526-8558
Child Abuse Awareness – 719-526-0445
Autism Awareness – 719-526-0446
SAAM – 719-526-5785

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• CDR's Guide to Community Based Programs / Opportunities
-Weekly updates on opportunities
http://www.carson.army.mil/WFCP/SlickDeals.html

WFCP
Connecting America's Best & Their Families to Information & Resources
Slick Deals for Soldiers & Families
Volunteer Jam featuring The Charlie Daniels Band

Director and Partner Updates

Commissary

- Ft. Carson's Seafood Express Road show starting on April 18 & 19, from 1200 – 1700. This is a self-service Road Show.
- April 20, 2014 Easter Sunday we are open regular hours (no Holiday)
- Our annual Inventory is being held April 13th from 0600- 2200. Normal operations with the exception of the shelf items being pushed back for inventory preparation.
- EAR ng, 20 items or less Monda 700-090

USO

* Tuesday April 1st- Month of the Military Child Appreciation Event 3pm @ USO

* Friday April18th – Colorado Springs Sky Sox Player and Mascot Meet and Greet from 11:30 to 1pm

* Saturday April 19th- USO Easter Egg Hunt 1pm to 3pm

* Up and coming Nashville Artist Jamie Tate Concert at the USO from 11:30 to 1pm

* Wed/ Thurs April 24th and 25th WTU Caregivers Conference

As always, the USO is open 7 days a week for Soldiers and their Families to come enjoy a snack and take advantage of the great services offered at the USO Colorado Springs.

You asked ... We Responded
Questions and Answers from the March 2014 CIE

No questions submitted this month.

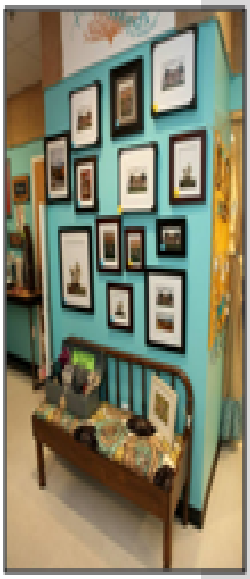
Fort Carson has just published its new website, and we invite you to take a look:
http://www.carson.army.mil/

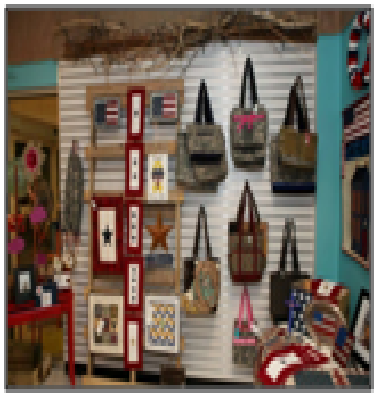
TUMBLEWEEDS

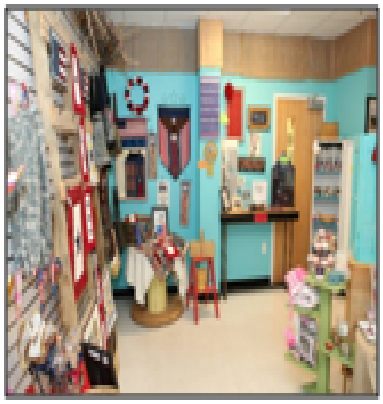
AT THE MOUNTAIN POST GIFT SHOP

Tumbleweeds offers:

- Large selection of hand-made items from local military-affiliated consignors
- Welcome and farewell gifts
- 1st Fridays Canvas & Cocktails painting class for adults
- Crafts & Cookies classes for children
- Family painting night
- FRG Canvas & Cocktails
- Private room for parties and FRG functions
- Variety of other classes throughout the year







Hours:

- Monday – Friday 10am-2pm
- 1st Saturday of the month 10am-2pm
- Closed on DONSAS and holidays or unless otherwise noted.

Contact:

- Phone: 719-393-3734
- Email: tumbleweedsatthemountainpost@gmail.com
- Facebook: https://www.facebook.com/Tumbleweedsatthemountainpost/
- Located at the mini mall, next to Wing Zone

EVENTS

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CPR/First Aid/AED

An emergency can happen at ***any time*** and ***anywhere***, so be prepared!

Classes offered on Ft Carson or close to home if you live off-post.

Military discounts offered!
Call the Fort Carson office for details on the promotion code offer.

Volunteer Services

The American Red Cross is a volunteer driven organization with a proud history of service. We are constantly looking for new volunteers to help support the local community.

Current needs:

- Red Cross Office Assistants
- Hospital Volunteers
- Disaster Assistance
- Health and Safety Instructors
- Leadership Volunteers:
  - Chairman of Volunteers
  - Youth Program
  - Awards and Recognition

National Volunteer Week

RUN FOR THE RED

Thursday, April 17, 2014
2:00pm - Registration
3:00 pm - Start 5k Run / Walk

Special Events Center
Fort Carson , CO

For more information call
526-7144 or 526-2311
Or stop by our office at Evans
Army Community Hospital

Military Week Family Camp at Trail West

Who: Active Duty Soldiers & Families

What: *Military Week* Family Camp

When: 25-31 May OR 3-9 Aug 2014

Where: Trail West - Buena Vista, CO

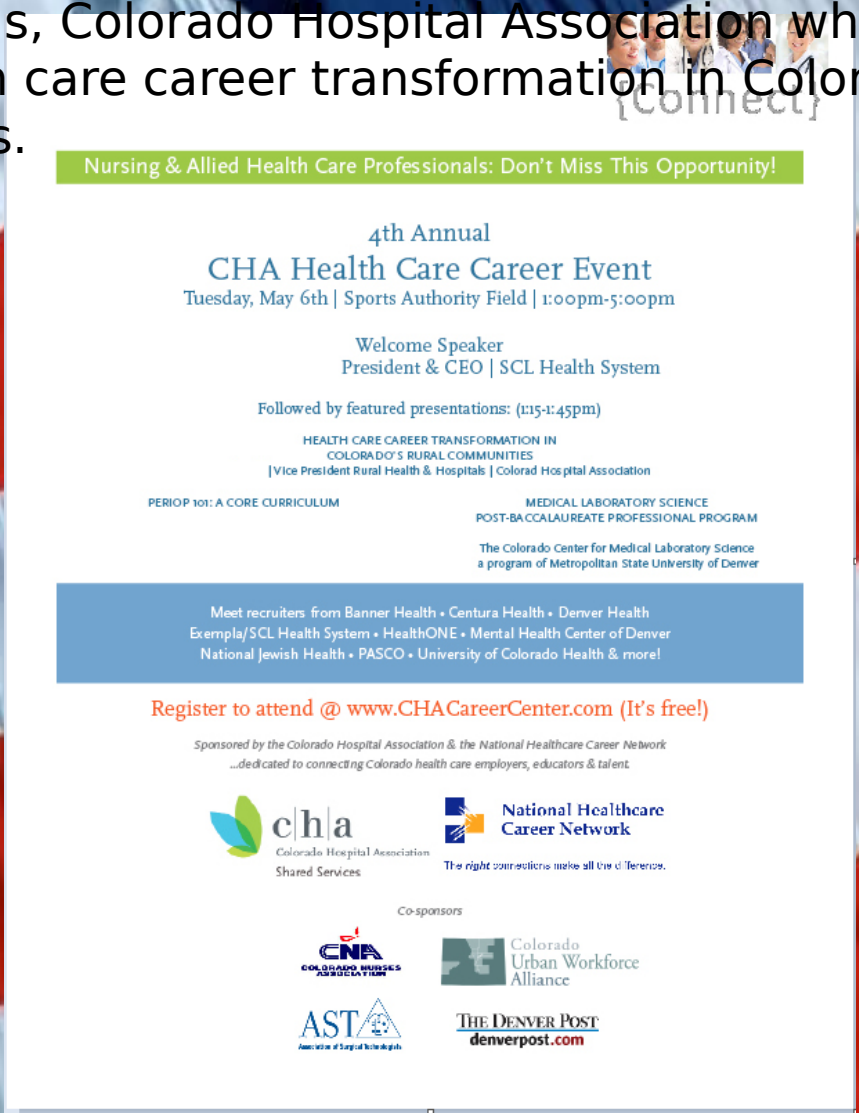
How: Apply at
www.militaryfamilycamp.younglife.org

For assistance please call 526-5279.

EVENTS

Colorado Hospital Association to Host Spring Health Care Career Event

CHA and the National Healthcare Career Network will co-sponsor the Spring Health Care Career Event at Sports Authority Field at Mile High in Denver from 1 – 5 p.m. on Tuesday, May 6. The event offers health care professionals the opportunity to learn about different employer cultures, gain insight from industry leaders about the future of health care and access career guidance. The President and CEO of Sisters of Charity Leavenworth Health System will be the welcome speaker followed by the Vice President, Rural Health and Hospitals, Colorado Hospital Association who will speak about health care career transformation in Colorado's rural communities.


{Connect}
Nursing & Allied Health Care Professionals: Don't Miss This Opportunity!
4th Annual
CHA Health Care Career Event
Tuesday, May 6th | Sports Authority Field | 1:00pm-5:00pm
Welcome Speaker
President & CEO | SCL Health System
Followed by featured presentations: (1:15-1:45pm)
HEALTH CARE CAREER TRANSFORMATION IN COLORADO'S RURAL COMMUNITIES
| Vice President Rural Health & Hospitals | Colorad Hospital Association
PERIOP 101: A CORE CURRICULUM
MEDICAL LABORATORY SCIENCE POST-BACCALAUREATE PROFESSIONAL PROGRAM
The Colorado Center for Medical Laboratory Science a program of Metropolitan State University of Denver
Meet recruiters from Banner Health • Centura Health • Denver Health
Exempla/SCL Health System • HealthONE • Mental Health Center of Denver
National Jewish Health • PASCO • University of Colorado Health & more!
Register to attend @ www.CHACareerCenter.com (It's free!)
Sponsored by the Colorado Hospital Association & the National Healthcare Career Network
...dedicated to connecting Colorado health care employers, educators & talent.
c|h|a
Colorado Hospital Association
Shared Services
National Healthcare Career Network
Co-sponsors
CNA
COLORADO NURSES ASSOCIATION
Colorado Urban Workforce Alliance
AST
THE DENVER POST
denverpost.com

4th Infantry Division & Fort Carson
DIV FRSA 503-0025

Army Community Service (ACS)
Director 526-0443

Family Advocacy Pgrm Mgr 526-4590
Army Volunteer Corps Pgrm Mgr 526-1082
Family Enrichment Pgrm Mgr 526-0460
Exceptional Family Member Pgrm Mgr 526-0446
Carson Cares 526-1949
Survivor Outreach Services 526-0442
Warrior Family Community Partnership 526-8747
AFAP / AFTB 526-4590 / 526-8636

American Red Cross
526-7144
http://chapters.redcross.org/co/ftcarson
Information:
Main Office 526-2334
Hospital Office 526-7144

Wounded Warrior Programs 526-2311

Army and Air Force Exchange Services
AAFES Manager 576-6174

Army Education Center 526-4104

Army OneSource
303-818-6242 ,
www.myarmyonesource.com

Free entrance to CO National Parks with DV ID SJA advancements—pro bono benefits

Key Partnership Forum

Balfour Beatty Communities
491-8026

Information: Mountain Post Running Club every
Wednesday from 4-6pm at The Hub.

Big Brothers/Big Sisters of Pikes Peak Region
457-8404 www.bebigpikespeak.org

BOSS
524-2677, Office located at The Hub

Civilian Personnel Advisory Center (CPAC)
Fort Carson Employment Information
Bldg. 1118, Rm. 161 (AF), Rm 142 (NAF)
526-6972 / 526-0478 / 526-5316

Colorado Military Family Alliance (CMFA)
pcstvnsn@aol.com

Commissary
Store Manager 503-8300

Customer Service Management USAG Plans, Analysis & Integration Office
Customer Service Manager 526-1706
http://www.carson.army.mil/cms/
https://ice.disa.mil/

Directorate of Emergency Services
Director 526-1453
Non-Emergency Dispatch 526-2333

Directorate of Family and Morale, Welfare and Recreation (DFMWR)
Director 526-6452
Complete Calendar at
www.mwrfortcarson.com
Business Division Chief 526-6933
Elkhorn Catering and Conference Center 576-6646
Child, Youth and School Services Coordinator 526-1333
Recreation Division Chief 524-4417
Sports and Fitness 526-2151
Events and Entertainment
Coordinator 526-4495
www.facebook.com/CarsonMWRevents
www.mwrfortcarson.com

Directorate of Public Works Director 526-3415

Family Readiness Center 526-5199
usarmy.carson.forscom.mbx.family-readiness-center@mail.mil

Fountain-Fort Carson School District 8
Superintendant 382-1310

Military Child Education Coalition/ Parent to Parent
375-0548, Co_parent2parent@yahoo.com

Mountain Post Spouse's Club
MPSpousesClub@gmail.com
Info: Submit board position nominations to above email.

Pikes Peak Area Council of Government
http://pikespeak.networkofcare.org
Military impact planning, Service Directory, Library, Social Networking, Legislate, Assistive Devices, Nation- wide News

Protestant Women of the Chapel
pwocadmin@gmail.com,
fortcarsonpwoc.wordpress.com

Religious Support Office 526-5279

School Liaison Officers:
School Dist: School of Knowledge, Inspiration, Exploration & Skills Unlimited 524-2896
School Dist: 12, 20, Private & Parochial 526-3362
School Dist: 22, 23JT, 28, RJ-1, 60-JT,200, Douglas
County, 53JT 526-1071
School Dist: 2, 3, 8, 14 524-0642

Thrift Shop
Bldg 305 on Tevis St.
Tues-Thurs 1000-1430, and First Saturday of the month Jul – Sep

USA MEDDAC Fort Carson
COL LeMaster, MEDDAC CDR 526-7500
Appointment Line: 524-/526-CARE (2273)

USO Manager 579-9699
1625 Ellis St., Bldg 1218
Information: Mon-Fri: 1100-2100, Sat: 1200-1800
Lunch: 1100- lunch runs out
Dinner: 1800- 2030, Hot dogs, brats or burritos
WiFi Internet Café, Movie Theater, TV Lounge, Snack Bar & Patio, Karaoke and Special Events, Gaming Areas, Xbox, Pool Table, Poker Tables, Conference Room, Children's learning center and more…

United States Postal Service 360-9667
Fountain Post Office 382-4625
Security Post Office 570-5450
Cheyenne Mountain Post Office 570-5472

VETCOM
Vet Treatment Facility NCOIC 526-9841
Microchip and register all pets 526-3803

Next CIE
Thursday, 24 April 2014
0930 – 1100
Location: The Special Events Center